



June 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Jennifer Marker, reflexologist, available on Mondays. Amy Arnold, massage therapist, is available on Thursday & Friday. Saturday massage & reflexology appointments now available!!</i>						
				Yoga 9:30am-10:30am		
		1	2	3	4	5
6	7	8	9	No Yoga Today!!	11	12
13	14	15	16	Yoga 9:30am-10:30am	18	19
20	21	22	23	Yoga 9:30am-10:30am	25	26
27	28	29	30	Pilates will resume with "bootcamp series" in the fall. No yoga in July and August Yoga will resume in September		

Thyme & Tradition, Ltd

~Health & Wellness Center~

(814) 926-2044 www.thymeandtradition.com